


December ACS Workshop Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Little Troopers Playgroup 9:00-11:00 <i>CDC Annex, Bldg 44</i> Couples Communication 3:30-4:30	2 	3 TREE LIGHTING CEREMONY 4:00 P.M. <i>NEAR THE CHAPEL</i> Plus FUN FAMILY ACTIVITIES TILL 7 AT HES.	4 All workshops are FREE and held in Bldg 10 unless noted 
5 Military & Family Life Consultants Completely Confidential Professional 'Problem Solving' <i>Let's Just Talk.</i> 01522-422-1454 01520-449-5704	6 Identifying & Reporting Child Abuse 1:00-2:30 Basic German 5:00-7:00 <i>Ed.Ctr, Bldg 348, Rm 2</i>	7 Instructions Not Included Call-in Radio Show AFN Bavaria AM 1485 9:00-10:00 Stress Management 3:30-4:30 Basic German 5:00-7:00 <i>Ed.Ctr, Bldg 348, Rm 2</i>	8 Little Troopers Playgroup 9:00-11:00 <i>CDC Annex, Bldg 44</i> Couples Communication 3:30-4:30 Basic German 5:00-7:00 <i>Ed.Ctr, Bldg 348, Rm 2</i>	9 Basic German 5:00-7:00 <i>Ed.Ctr, Bldg 348, Rm 2</i> 	10 Basic German 5:00-7:00 <i>Ed.Ctr, Bldg 348, Rm 2</i> 	11 The Pregnancy Experience 9:00-12:00
12 	13 	14 Always in My Heart 10:00-11:00 Stress Management 3:30-4:30	15 Little Troopers Playgroup 9:00-11:00 <i>CDC Annex, Bldg 44</i> Couples Communication 3:30-4:30	16 Holiday Concert USAREUR Band & Soldiers' Chorus 6:00 p.m. <i>Post Gym</i>	17 	18 Visit the Yellow Ribbon Room if your family is apart for webcams, computers & more. Bldg 10 8:00 – 5:00
19 	20 	21 Breastfeeding Support Group 10:00-11:00 Stress Management 3:30-4:30	22 Couples Communication 3:30-4:30	23   USAREUR Training Holiday	24 ACS CLOSED 	25  Merry Christmas
26 	27 Sponsorship Training 10:00-11:00	28 Stress Management 3:30-4:30	29 Couples Communication 3:30-4:30	30   USAREUR Training Holiday	31 ACS CLOSED 	1 

December 2010 Workshop & Contact Information

WORKSHOP DESCRIPTIONS December, 2010

Garrison Website: www.hohenfels.army.mil

All Workshops are held at ACS, Building 10 unless noted

- **Always in My Heart Bereavement Group** - A monthly grief support presentation offered by the New Parent Support Program in conjunction with the Military Family Life Consultants for parents who have experienced a miscarriage, a stillborn birth, or the loss of a child. For more information, contact **Trisha Scott** at DSN 466-4908.
 - **Army Family Team Building**- AFTB offers a fresh approach to the unique life that comes with being a Soldier or married to one. You take charge of your life, manage pressures of military life, seize opportunities and focus on the future. AFTB classes are designed to enhance personal and professional development. These classes offer basic strategies for emerging leaders to manage their time, problem solve, explore different personalities and will start you on your way to becoming a well-rounded leader. Level one is a foundational program designed to explain all about the Army in detail – from acronyms, benefits, entitlements and compensation all the way to who is really calling the shots. Level Two is where you step from a regular person to super (Mom, Dad, Soldier, Spouse) by learning how to manage life, change, family, the Army, etc., refine time management techniques so life is not a total sprint while your interpersonal skills will also be refined producing a whole new you while Level Three provides leadership and organizational skills that will serve you throughout your life. Call **Kristen Lewis**, AFTB Program Manager, at DSN 466-4088 for additional information.
 - **Basic Conversational German** - An introduction to 'Survival German' will make it easier for you to order food in restaurants, shop, travel, ask for directions and understand German doctors. Just feel more comfortable living in Germany. This could be the best use of 10 hours of your time ever. Register at **ACS**, Bldg 10 in person or by phone at DSN 466-4860.
 - **Breastfeeding Support Group** - If you have questions, concerns, want to share stories or just chat with other moms, this is the group for you. All moms, babies, and mommies-to-be are welcome. For further information, please call **Nicole Ceterski** at DSN 466-4073/4323. You do not have to a part of the NPSP Program to attend.
 - **Couples Communication** – This new weekly series is for all Soldiers and their spouses to provide some stability to the hectic life in the military and the effects it can have on Family interaction. Attend when you can and get a handle on what and how you're communicating. This can really provide a comfort level in your marriage. For information, call **Priscilla Fleischer** at 466-4907.
 - **Finding Hot Jobs In Hohenfels** – Get up to speed on the locating the most current jobs in Hohenfels. This is everything you need to know about what's happening employment wise in Hohenfels, so join us on the fast track. For further information, call **ACS** at DSN 466-4860. This monthly workshop is not presented in December.
 - **Hallo Hohenfels**- This 3-Day information extravaganza, presented monthly, designed to orient newly arrived spouses, is packed with information about your Hohenfels community. You will make new friends while you tour the post, learn how to use the German public transportation system, shopping, dine on the German economy and MORE. **FREE** childcare is offered when you pre-enroll in this workshop. Call **ACS** at DSN 466-4860 for further information. This program is not offered in December
 - **Holiday Concert** – The USAREUR Band and Soldiers' Chorus will present a holiday music and vocal concert beginning at 6:00pm in the Post Gym. It's a great time.
 - **Identifying and Reporting Child Abuse**- This required class is provided to professionals and volunteers in the Hohenfels community who are working with children; directly or indirectly (i.e. Childcare Providers, Coaches). Participants will learn about the signs and symptoms of child abuse, appropriate ways to respond to abuse, and the reporting procedures required by all mandated reporters. Certificates of completion are provided. For further information, call **Tricia Scott**, Family Advocacy Program Specialist, at DSN 466-4908.
 - **Instructions Not Included** - A monthly call-in radio show presented by the New Parent Support Program to be accessible to a broader segment of the market to answer questions about all aspects of pregnancy, child birth and child raising especially for young families with children 3 years old and under. Tune in on the first Tuesday, of each month on AFN Radio, AM 1485 at 9:00 am. Call **Nicole Ceterski**, New Parent Support Program Coordinator, at DSN 466-4073 or **Priscilla Fleischer**, Family Advocacy Program Manager for additional information.
 - **'Little Troopers' Playgroup** – This popular playgroup is back better than ever with a new format featuring music time, free play and special Activity Stations. Bring your toddler and join in on the fun each Wednesday. For more information, call **Nicole Ceterski**, New Parent Support Program Coordinator, at DSN 466-4073 or **Theresa Ortiz**, EFMP Program Coordinator, at DSN 466-2083.
 - **Military and Family Life Consultants** – Are you confused? Struggling? Just not yourself? We offer a brief, focused solution based time of "just talking" with a professional problem solver. These are free and fully confidential* discussions, no names or records kept. Appointment? Contact them directly on their cell phones at 01522-422-1454 or 01520-449-5704.
- *Suspected harm to self or others will be reported to appropriate agency.
- **Pregnancy Experience** – Informative session for those newly pregnant moms and dads. Workshop will cover nutrition, danger signs, exercise and important pregnancy wellness habits. For more information, call **Nicole Ceterski**, New Parent Support Program Coordinator, at DSN 466-4073 for more information.
 - **Sponsorship Training**- This workshop provides valuable training and insight to help anyone to prepare to be a sponsor for incoming new personnel, whether individuals or families, and to maximize the total support available to all new arrivals during the relocation process. For further information, please contact **Kurt Rager**, Relocation Readiness Program Manager, at DSN 466-3403.
 - **Stress Management**: - A weekly workshop designed to show techniques and programs that can and will relieve stress and provide strategies to prevent it from being a daily life influence. All ID card holders are welcome to attend each Tuesday from 4-5 p.m. at ACS, Bldg 10. For further information, contact ACS at DSN 466-4860.
 - **Tree Lighting Ceremony** – Annual holiday event where the large tree in front of the Catholic chapel is lit up for the season. Family games and fun activities are presented in the elementary school afterwards.
 - **Yellow Ribbon Room** – Come and enjoy FREE Internet, Webcam, VidiTalk & Video Teleconference Connections on new, high speed equipment available to Soldiers, civilians and their Family members that are geographically separated. Must have valid ID. Open M-F - 8:00a.m. – 5:00p.m in Bldg 10. Open evenings, weekends and holidays with prior reservations. FREE WIFI Now Available - Bring Your Laptop. For further information, call **ACS** at DSN 466-4860.



FOR MUCH MORE INFORMATION OR TO REGISTER FOR WORKSHOP CALL DSN 466-4860 or CIV 09472-83-4860

